# NORFOLK RECREATION, PARKS & OPEN SPACE & the NORFOLK DEPARTMENT OF PUBLIC HEALTH

## GET UP, GET OUT & GET MOVING!

**AUTUMN ACTIVITIES** 

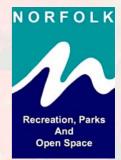
#### **DEALING WITH DIABETES**

**OCTOBER 23, 2007** 

9:00 a.m. – 10:00 a.m. & 2:30 p.m. – 5:00 p.m. THERAPEUTIC RECREATION CENTER

180 East Evans Street, Norfolk, VA 23503

Contact: (757) 441-1764



#### BEFORE YOU RISE...

Wake up your body with passive stretching and gentle movements before rising from a prone or supine position. Limit: 30 Registrants.

OCTOBER 25, 2007 1:00 P.M. – 2:00 P.M.

LAKEWOOD

**DANCE & MUSIC CENTER** 

1612 Willow Wood Drive, Norfolk, VA 23509

Contact: (757) 441-5833

#### **DEEP WATER BODY BLAST!**

OCTOBER 26, 2007 1:00 P.M. – 1:45 P.M.

NORTHSIDE POOL 8400 Tidewater Drive, Norfolk, Virginia 23518

Please RSVP at (757) 441-1760

Some degree of comfort in deep water is required. Aqua Jogger belts will be provided. Limited to the first 15 registrants.

### Bureau of Recreation & Human Development

DAY	DATE	TIME	EVENT	RECREATION CENTERS
Monday	10/22	4:00 pm	Healthy Bodies: Protection Against Germs	Berkley (757) 441-1912
Monday	10/22	4:00 pm	Making Better Choices	Young Terrace (757) 441-2692
Monday	10/22	5:00 pm	An Apple a Day Keeps the Doctor Away	Captain's Quarters (757) 441-1715
Tuesday	10/23	7:30 am	Healthy Food Choices	Bayview (757) 441-1626
Tuesday	10/23	4:00 pm	Nutrition & Exercise	Fairlawn (757) 441-5670
Wednesday	10/23	4:00 pm	What Kind of Food Are You Putting in Your Body?	Park Place (757) 664-7531
Tuesday	10/23	4:00 pm	Stay Healthy	Grandy Village (757) 441-2117
Wednesday	10/24	11:00 am	Water - "Drink To Your Health"	Ingleside (757) 441-5675
Wednesday	10/24	4:00 pm	What Kind of Food Are You Putting in Your Body?	Larchmont (757) 441-541
Wednesday	10/24	4:00 pm	Healthy Choices	Crossroads (757) 441-1769
Wednesday	10/24	4:00 pm	Healthy Treats	Titustown (757) 441-1259
Wednesday	10/24	4:30 pm	How to Stay Fit, Eat Healthy & Have Fun	East Ocean View (757) 441-1785
Thursday	10/25	4:00 pm	Importance of Staying Healthy	Merrimac (757) 441-1783
Thursday	10/25	5:30 pm	Mini Health Fair	Norview (757) 647-4518